



FROM THE LIFESTYLE DIRECTOR:

August is National Summer Fun Month... but at The Seasons we offer enjoyment every month! To add to the August fun we have so much planned for everyone at The Club! July flew by, but time flies when you're having fun. Looking back at the BBQ's, the entertainment, the Zumba Classes, Current Event Lectures, and our first Psychic Night... it's no wonder why in a blink of an eye August has arrived!

I hope everyone continues to take full advantage of the outdoor pool and the live entertainment we have set up for you this month. There is nothing like a frozen drink pool side while listening to relaxing music.

We are also offering many exercise and wellness classes at The Club this month! Be sure to read your weekly Seasons Greetings for days & times of classes so you can drop in The Club and continue to make 2010 a fun and healthy summer!

We are hosting our first homeowner's appreciation party on Aug 14. We will also be hosting a Back-to-School Pool Party for homeowners and their grandchildren on Aug 28.

Don't forget to mark your calendar August 6 to come see your friends and neighbors participate in The Seasons version of The Newlywed Game! This is bound to be a fun night for all!



THE SEASONS at East Meadow

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GRAND OPENING PHASE II

New Decorated Models feature:

- Newly designed kitchens with breakfast bar.
- Private residential elevators and spacious new loft design in upstairs homes.
- Full basement in downstairs homes.



August is Eye Health Month... 10 tips for Better Eyesight!

Our eyes are two of our most precious possessions which connect us to the world. They express our deepest feelings and emotions, giving life to the wonderful things we see every day. The eyes are constantly taking in information while they are open, working non-stop to help us view the world.



The health of your vision is ultimately governed by the health of your eye muscles. But as we age, the wear and tear on the eyes will start to weaken the muscles. Also, in today's age of video games, computers, and other electronics; it's said that we work our eyes a little too much. In such cases, the most common way people improve their vision is by wearing prescriptive lenses. But better eyesight without glasses is no longer a dream today. Take a look at ways to improve eyesight naturally:

1. Have plenty of fish: Eat oily fish like salmon or tuna or fish oil supplements at least twice a week. Fish is a rich source of fatty acids which helps to reduce the risk of dry-eye syndrome.

2. Eat raw vegetables... like carrots, broccoli and cucumber or drink plenty of fruit and vegetable

juice to increase your vitamin A levels. Also, eat spinach as studies have shown that lutein may prevent age-related macular degeneration and cataracts.

3. Blink Regularly: Blinking is a natural preserver of your better vision and your body's natural way of lubricating your eyes and preventing dry eyes.

4. Avoid Stress: When you are stressed, you will find it difficult to focus your eyes on a certain object. Avoiding stress can improve your eyesight.

5. Use sunglasses and goggles: Wear sunglasses to protect your eyes from the harmful rays of the sun as well as from the drying effects of wind. While swimming, goggles will protect eyes from chlorine, salt and other chemicals.

6. Have chocolate: The dark variety of chocolate offers flavonoids which are important for the protection of blood vessels in the eyes.

7. Avoid staring and sitting for long periods of time watching the TV or computer monitor. If your job requires you to work at a computer, stop once in a while (every 30 to 40 minutes) and look around the room at some distant point for 30 seconds.

8. Avoid dry air: Air from hair

dryers, car vents, air conditioners and fans can make eyes dry, so avoid situations where air blows into your eyes. When you are in a car, point the air vents away from your face, and when you use a hair dryer, try to keep it away from your face.

9. Eye exercises: The goal of eye exercises is to strengthen the muscles on your eyes. These soothing exercises are a great addition to a healthy vision care routine:

- Squeeze your eye lids together tightly. Open, and blink rapidly several times. Repeat once or twice.
- Try to move your eyes upwards and then roll the eyes. At first you follow clock rotation. After you make one rotation, reverse the direction
- To counteract the tendency to squint, look up while exhaling with eyes half open.
- Hold a pencil at arm's length in front of your nose. Now slowly move the pencil towards your nose while focusing your eyes on the pencil.

10. Relaxation: Better eyesight without glasses also can be gained



through eye relaxation. Consciously rest your eye muscles every now and then in order to give sufficient rest to the eye muscles.



ANNOUNCEMENTS

Come talk current events with your neighbors and Rhoda Plotkin on Wednesday August 4 & 18 at 5:30pm in the Card Room.

Yoga continues with Liz every Tuesday night at 7:30pm in the Aerobics Room. Enjoy a great workout with Liz and your neighbors. The class is \$8 per person and lasts for approximately one hour.

Muscular strength and range of movement Silver Sneakers program continues every Wednesday at 10:30am in the Aerobics Room. This class will offer you greater overall strength and flexibility. There is no charge for this event for the month of August.

Silver Sneakers Cardio Circuit program continues every Friday in August at 10am in the Aerobics Room. This class features aerobic and cardiovascular exercise. It is free of charge for the month of August, so come on down!

Zumba continues every Saturday morning at 10am in the Aerobics Room. Zumba is a easy moves fitness program that is fused with latin rhythms. This event is free of charge.

Mah Jong continues every Friday at 12 noon in the Card Room.



Homeowners Appreciation Day is Saturday August 14 from 1 - 2:30pm. Come down to the pool, enjoy some pina coladas, the sounds of DJ Mike Hartley and socialize with your neighbors.

The Seasons First Gold Party will be Tuesday August 17 at 5:30pm in the Card Room. Now is a great time to sell your gold jewelry and make some extra money. This event is open to all friends and family.

The Book Club meets August 28 at 11am. For more information see The Lifestyle Director.

The Seasons will be hosting a **Grandchildren's Day Back-to-School Pool Party** on August 28 from 2-4pm. We will be serving ice cream and have a dj for the kids. Enjoy the pool with the grandchildren before they go back to school.

The Seasons will be hosting **Layla from Wells Fargo speaking about reverse mortgages** on Tuesday August 10 at 7pm in the Cinema. Ever had questions or wanted more information on reverse mortgages? Then come and meet Layla. This event is open to friends and family and refreshments will be served.

On Saturday night August 28 at 8pm come to The Club and **enjoy the sounds of "Nice N Easy"** featuring Andrea Beerman and The Seasons own Hal Laufer. There is no charge for this event and it is open to everybody.



Marie and Barry Rakoczy

"Our condo is so spacious. We sacrificed nothing. We only enhanced our lives."

We've always lived in this area so we love it here and we're very comfortable. Everything is right nearby. We're 10 minutes from the beaches....the parkways are easily accessible and Roosevelt Field is minutes away. We just love it.

Our home is beautiful. We customized our basement by adding a bar, a den and a small sleeping area for our son who visits from college and our grandkids. It's such a great space.

Our favorite thing about our community is the gym at The Club. It's like being on vacation all the time. We are always over there, working out, watching sports events in the Cinema or hanging with friends. We have such amazing neighbors. We feel like we've been living here forever.

See our video at blog.seasonsateastmeadow.com

WHO WANTS TO...

Who wants to know what your antiques are worth? Well mark your calendars because the Antique Roadshow is coming to The Seasons on September 25th from 1-2:30pm. They will appraise all types of items except books. We hope to see everybody here!

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blog.seasonsateastmeadow.com



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August EVENTS

New Homeowner Orientation 8/10 at 5pm • Card Room

Focus Group Meeting 8/14 at 12 noon • Card Room

Homeowner Appreciation Day 8/14 at 1pm • Pool

Zumba classes continue every Saturday at 10am • Aerobics Room

Homeowners Activity Meeting 8/16 at 7pm • Cinema

Pizza Party 8/27 at 630pm • Card Room

Book Club 8/28 at 11:15am • Card Room

Gold Party 8/17 at 5:30pm • Card Room

Current Events 8/4 and 8/18 at 5:30pm • Card Room

Nice-N-Easy w/ Hal Laufer & Andrea Beerman 8/28 at 8pm • The Club

Grandchildren's Day Back-To-School Party 8/28 from 2pm to 4pm • Pool

WELCOME to our newest homeowners

Alice & Gary Seidman

Plainview

Barbara & Pat DeMartino

Bellerose

Diana & Albert Rosenblum

North Bellmore

Irma & Sheldon Balsam

Forest Hills

Jaqueline & Fred Cavalieri

Merrick

Kathy & Daniel Peters

Flushing

Susan & Eli Yedid

Woodbury

Evelyn Ben Ami

Valley Stream

Pilar Carbone

Ridgewood

Josephine Principe

Brooklyn

Susan Langer

Roslyn Heights

Cheryl Sulsky

East Norwich

Yizhen Li

Merrick

Richard Zambrotta

Ridgewood

Judith Greenberg

Freeport

Rosemarie Puras

Glendale

Kathy Sherman

Massapequa Park

Hope Simon

Westbury